

MICROBIOME PREDICTORS AND LONGITUDINAL DYNAMICS IN ASIAN PATIENTS WITH IRRITABLE BOWEL SYNDROME-DIARRHEA (IBS-D) CONSUMING A LOW FODMAP (FERMENTABLE OLIGOSACCHARIDES, DISACCHARIDES, MONOSACCHARIDES AND POLYOLS) DIET

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Poster

Colorectal

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A 28-day study of 20 Asian IBS-D patients on a Low FODMAP Diet found that 55% achieved clinical response, with baseline enrichment of butyrate-producing bacteria predicting response to dietary intervention.

KEY POINTS

- Eleven of 20 patients (55%) achieved clinical response by Day 28, defined as ≥ 50 -point improvement in IBS-SSS, with responders showing a median reduction of 172 points versus 24 points in non-responders ($p=0.003$).
- At baseline, responders had significantly higher relative abundances of butyrate-producing and anti-inflammatory genera including *Ruminococcus*, *Blautia*, *Eubacterium siraeum*, and *Bifidobacterium bifidum* (adjusted $p<0.05$).
- By Day 28, responders exhibited increases in *Ruminococcus bicirculans*, *Parabacteroides gordonii*, and *Weissella cibaria*, while non-responders showed persistence or increases in *Tyzzzeria* and *Olsenella*.
- Despite dietary and baseline microbiota differences from Western populations, microbiome predictors of Low FODMAP Diet response were consistent with prior Western studies, supporting microbiome profiling as a potential tool for personalized dietary guidance.

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